



BE SMART

**A LITTLE STICK MEANS
YOU WON'T GET SICK**

Get your flu shot!

**Pamlico County Health Department
will offer two Flu Shot Clinics:**

**SATURDAY, DEC. 5
9 A.M. TO 11 A.M.**

**MONDAY, DEC 7
5 P.M. TO 7 P.M.
(or until our supply runs out)**

We will be offering the seasonal flu shot to students (grades K-12) .

We also will be offering the H1N1 mist/shot for our target groups that include:

- Pregnant women;
- People who live with or care for infants younger than 6 months;
- Health care and emergency medical personnel;
- Anyone from 6 months to 24 years of age
- Anyone from 25 through 64 years of age with a chronic medical conditions or a weakened immune system.
- Remember children through 9 years of age should get two doses of H1N1, about 4 weeks apart.

For more information, call the Pamlico County Health Department at 745-5111.